

**allcove**

## Mental Health Care Created With, By, and For Youth

**Young people are facing a mental health crisis.** In many families, cultures, and communities, stigma keeps them from seeking help, and navigating the complex system is even harder.

### A Bold, New Strategy for Mental Health

**Half of all mental illnesses** begin by age 14. Eighty percent of youth struggling with mental health challenges don't have access to care. The number of providers does not meet demand, and lengthy waitlists mean that many will go for months without intervention while their condition spirals. Mental health disorders have a domino effect, derailing every aspect of a person's life.

**Stanford is revolutionizing** mental health care services. The concept—called **allcove**—is the first-of-its-kind in the U.S. Created with, by, and for youth, allcove provides accessible and comprehensive early intervention services at low or no cost. From mental health and primary care to education and employment support, young people decide the services they need on their own terms. At allcove, everyone is treated with the dignity and kindness they deserve.

We successfully launched three centers in Northern and Southern California. Stanford provides start-up and ongoing implementation support, training, resources, evaluation, and infrastructure to develop an allcove center. Each center is projected to serve approximately 1,000 youth ages 12-25 annually.

**allcove is a space** to find community, support, advice, or even just a moment of pause.

#### Services include:

- Mental health
- Physical health
- Education support & career coaching
- Peer support
- Family support
- Substance use counseling



With your support, allcove is making mental health services accessible for young people.

## Opportunity for Impact

Philanthropy will help empower this radically different vision of care that meets our youth where they are. With your support, we aim to:



**Build human infrastructure** to speed and scale services for youth. We must add team members for evaluation and research, administration, partnerships, facilities, and design. A strong team ensures quality services throughout our network of sites.



**Create robust technology** platforms to expand our impact. An interactive mobile app will help us reach youth not yet ready or able to access a center. We also hope to grow our database and research/evaluation modules and tools to support staff and partner learning.



**Expand our youth advisor** and peer support teams, by funding new training and stipends that enrich and acknowledge their critical roles in providing care. Peer workforce training programs ensure our engaged youth are well-equipped to deliver appropriate, timely counsel and to share their own stories in the most effective ways.



**Launch more allcove centers** across California. Cities across the state are asking for centers in their communities. Our teams and partners are ready to undertake this expansion immediately.

**We can change the tide of the mental health crisis and help youth thrive.** Let's transform mental health services across California and the nation by making early intervention easily accessible, welcoming, and culturally responsive. Our young people deserve nothing less.

### Please contact: **Laura Andersen**

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## MEET THE ALLCOVE LEADERS



### **Steven Adelsheim, MD**

Clinical Professor of Psychiatry and Behavioral Sciences and Director of Stanford Center

for Youth Mental Health and Wellbeing

Dr. Adelsheim knows providing approachable and relatable care is key to addressing mental health. He involves youth in the process of creating interventions because they are the ultimate experts in their own lives.



### **Vicki Harrison, MSW**

Program Director, Stanford Center for Youth Mental Health and Wellbeing

Vicki spent over 20 years developing community-based programs to increase access to mental health. Her expertise in social work, public health, education, and mental health help ensure all the services at allcove centers are integrated.



### **Samskruthi**

Youth Advisor

Samskruthi uses lived experiences to create spaces of true youth inclusion at allcove. An advisor since 2019, Samskruthi is passionate about mental health equity and working with diverse communities across California.

**“ Having youth voice lead allcove means that every aspect of our centers is developed with our diverse young communities in mind.”**

– **Samskruthi**, *allcove Youth Advisor*